

Sixties: *The people who delight in the failure of the sixties are the people who delight in the failure of dreams.*
—Studs Terkel, American author, 1912-



(Above) The first wave of joggers sets off for the four-mile run. (Right) Lt. Col. Dave Austin, HED Deputy Commander, leads group in preliminary stretching exercises. Either that, or two would-be runners are raising their hands to request permission to leave.



(Above and above right) Runners and walkers alike limber up prior to taking off. (Right) Michael Feighny, Division Counsel, was joined by his daughter, Eileen, for the two-mile walk. The course was later purported to be "more like a 2.4-mile walk," groused Feighny. (Far right) Safety Day's main instigators—Eric Bjorken (l) and Bruce Barrett (r) of POD and HED Safety Offices—came early to participate in the run and supervise distribution of mementos.

Safety Day 1999 a Case

POD and HED Safety Day, May 12, resembled "Health and Safety Day" with many events and activities aimed at healing mind and soul as much as preventing accidents. This 5th Annual Safety Day featured the traditional four-mile run and two-mile walk, as well as demonstrations and discussions about everything from proper nutrition to Tai Chi, to ways to combat child abuse and prevent skin cancer. It was a day full of offerings, with heavy participation from employees in both the division and the district. Participants stretched their muscles before the morning run and walk and then later as part of a body-limbering Tai Chi class. Even Betsy's Snack Bar chipped in with a special healthy lunch menu. The annual event is designed to foster greater awareness of safety and health in the workplace and everyday lives of Corps employees and their families.



Story and photos by Larry Hawthorne



Edge: *I don't ever want to be in a fair fight. I want an edge everyplace I go.*—Herbert Baum, CEO of Quaker State Corp.

of 'Life and Limber'



(Above) Lt. Col. Wally Z. Walters, HED Commander, thanks Dr. David Amberger of the American Cancer Society, for his informative presentation on the dangers of skin cancer.



(Left) "Sifu" Andrew Lum shows precision Tai Chi movements to class in an hour-long demonstration of limber relaxation techniques while (Above right) POD and HED employees look on. (Below left) Lum leads the group in a "reaching for the moon" stretching exercise. (Below right) Nancy Wong (foreground) and sister Betsy Leong prepare a special Safety Day menu for Betsy's Snackbar of Creole-style Pork, Chicken with Wine Sauce, and Chinese Chicken Salad. "Onolicious" and lo-cal to boot.

